

## DEPARTMENT 100 – FAMILY & CONSUMER SCIENCES



### CLASS 14 – FOODS – UNLIMITED ENTRIES

#### General Rules For Food

1. All foods, **including** pies, tea rings & cakes, **must** be on disposable plates, appropriate to size of product, covered with plastic wrap or bag unless lot description states otherwise.
2. Standard canning jars must be used. Label jars as to content and processing method. **NOTE:** The only approved food preservation method for fruits, jams and pickles is the hot water bath; vegetables must be pressure processed. Open kettle method may be used for jelly, though the hot water bath is recommended. Entries not processed properly will be disqualified. Jars must be clean and no sign of spoilage. Jars opened at judge's discretion.
3. Complete recipe for **all** food exhibits must be attached (3x5 card). For commercial mix, paste directions on card and eliminate reference to brand. Do not use packaged mixes unless specified in lot number.
4. Recipe of exhibitor's choice may be used in all lots.
5. Exhibitor to bring entire food product (i.e., 6 cookies, whole pie, cake, etc) for judging, unless lot specifies otherwise. Sample of entry with comment sheet and ribbon attached is to be left on display. **The remaining food product along with the recipe card will be sold at a bake sale after judging is completed. The Food Supervisor shall set prices for food items. One half of the proceeds are to be evenly split between the participants, and the remaining half of the proceeds will go back to the 4-H Foods Project.**
6. Cakes should be exhibited out-of-pan. Bread should be baked in an 8"x4" or 9"x5" pan; pies should be baked in a 9" or 10" pie pan.
7. Food entries will be judged on appearance (attractiveness, display, uniformity, cleanliness, etc.), adherence to entry rules (recipe, disposable plate, etc.), texture and flavor.
8. The Jr. and Sr. Exhibitors with the most quality exhibits (5 points for rosette, 4 points for purple, 3 points for blue, 2 points for red, and 1 point for white ribbons (minimum of 18 points for Jr. – 25 points for Sr.) will receive a cookbook at the Fall Awards Banquet. **Exhibitor may win this award only once.**

**LOT 1410 Beginning Foods** (recipe from project book or a similar recipe, describe in detail)

**LOT 1411 Level 1 - Six Easy Bites** (recipe from project book or a similar recipe, describe in detail)

**LOT 1412 Level 2 - Tasty Tidbits** (recipe from project book or a similar recipe, describe in detail)

**LOT 1413 Level 3 - You're The Chef** (recipe from project book or a similar recipe, describe in detail)

**LOT 1414 Level 4 - Foodworks** (recipe from project book or a similar recipe, describe in detail)

**LOT 1415 Join The Fitness Team** (recipe from project book or a similar recipe, describe in detail)

**LOT 1416 Science Fun With Dairy Foods** (recipe from project book or a similar recipe, describe in detail)

**LOT 1417 Quick Meals** (recipe from project book or a similar recipe, describe in detail)

**LOT 1418 Foods Of The Pacific Northwest - Level 1** (recipe from project book or a similar recipe, describe in detail)

**LOT 1419 Foods Of The Pacific Northwest - Level 2** (recipe from project book or a similar recipe, describe in detail)

**LOT 1420 Exploring Our Food Heritage** (recipe from project book or a similar recipe, describe in detail)

**LOT 1421 Teens Entertain** (recipe from project book or a similar recipe, describe in detail)

**LOT 1422 Let's Bake Bread** (recipe from project book or a similar recipe, describe in detail)

**LOT 1499 Independent Study Project** (must comply with all project requirements)



### CLASS 15 – HOME ENVIRONMENT -- UNLIMITED ENTRIES

**LOT 1510 Inside/Outside-All Around The House** (describe entry in detail on entry form)

**LOT 1599 Independent Study** (must comply with all project requirements)